Special Diets Requests

Dining Accommodations

At Walt Disney World Resort, we take great pride in providing choice and variety for Guests with special diets requests, including meals made without common allergens or intolerances. If you have a special diets request, learn what you can expect—including the important role you play in our process. While restaurants take reasonable efforts to accommodate dietary requests, we cannot guarantee that they will be able to meet all requests.

Avoiding Certain Ingredients

Many Walt Disney World restaurants can prepare meals made without common allergens or intolerances.

Read More

For Other Special Diets Requests

Many Walt Disney World restaurants can prepare meals for common diet requests.

Read More

What to Know Before You Go

Here are 4 important steps to request a meal made without an ingredient.

Tell Us About Your Request

It all starts with you! Always tell the Cast Member assisting with your order that you have a special diets request. For table service restaurants, this will be your server. When we know the modification requested is more than just a taste or texture preference, they will inform the kitchen to use the allergy request process, which involves a Special Diets-Trained Cast Member.

Ask about Menus

All table service and select quick-service restaurants offer a menu with allergen information, and our buffets provide a guide. These resources show what menu items are made without the allergens the US FDA considers most common (eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, and wheat) plus gluten.

Look for the Marker

Orders that follow our allergy request process will be delivered with a visual marker. This may be a pick, a designated tray or, for meals packaged to-go, a sticker. If you don’t see this marker, ask a Cast Member.

Verify Your Order

When your order is delivered, take a moment to confirm your request with the Cast Member—even if you see the marker. For example, ask your server, “Is this the pasta made without gluten?”

Online Menus and Mobile Order

Learn more about these helpful tools.

Online Menus

Use online menus to plan ahead.

Read More

Mobile Order

Many quick-service and table-service locations now offer mobile order.

Read More

Kosher and Halal Requests

Kosher meals and halal meals are available at most table-service restaurants and should be reserved at least 24 hours in advance. Options are also available at select quick-service locations.

Kosher Meals

Reserve a kosher meal in advance—or find a restaurant that offers a kosher meal with no advance notice.

Read More

Halal Meals

Reserve a halal meal in advance—or find a restaurant that offers a halal meal with no advance notice.

Read More

Additional Information

Guests must speak to a Cast Member about their allergy request. While we take steps to prevent cross-contact, we cannot guarantee that any item is completely free of allergens. Our allergy-friendly recipes may use highly refined oils, such as soybean oil and/or ingredients that are processed in facilities that also process allergens. It is ultimately at Guests' discretion to make an informed choice based upon their individual dietary needs. For more information about allergy requests, ask to speak with a Special Diets-Trained Cast Member upon arrival at the location.

Frequently Asked Questions

When should I contact Walt Disney World Resort about my special diets request?

Can food products from home be prepared by Disney chefs or Cast Members?

Can carts and kiosks throughout Walt Disney World Resort accommodate special dietary requests?

Do the paper straws at Walt Disney World Resort contain gluten?

Why don't Walt Disney World allergy-friendly menus have information for alcoholic beverages?